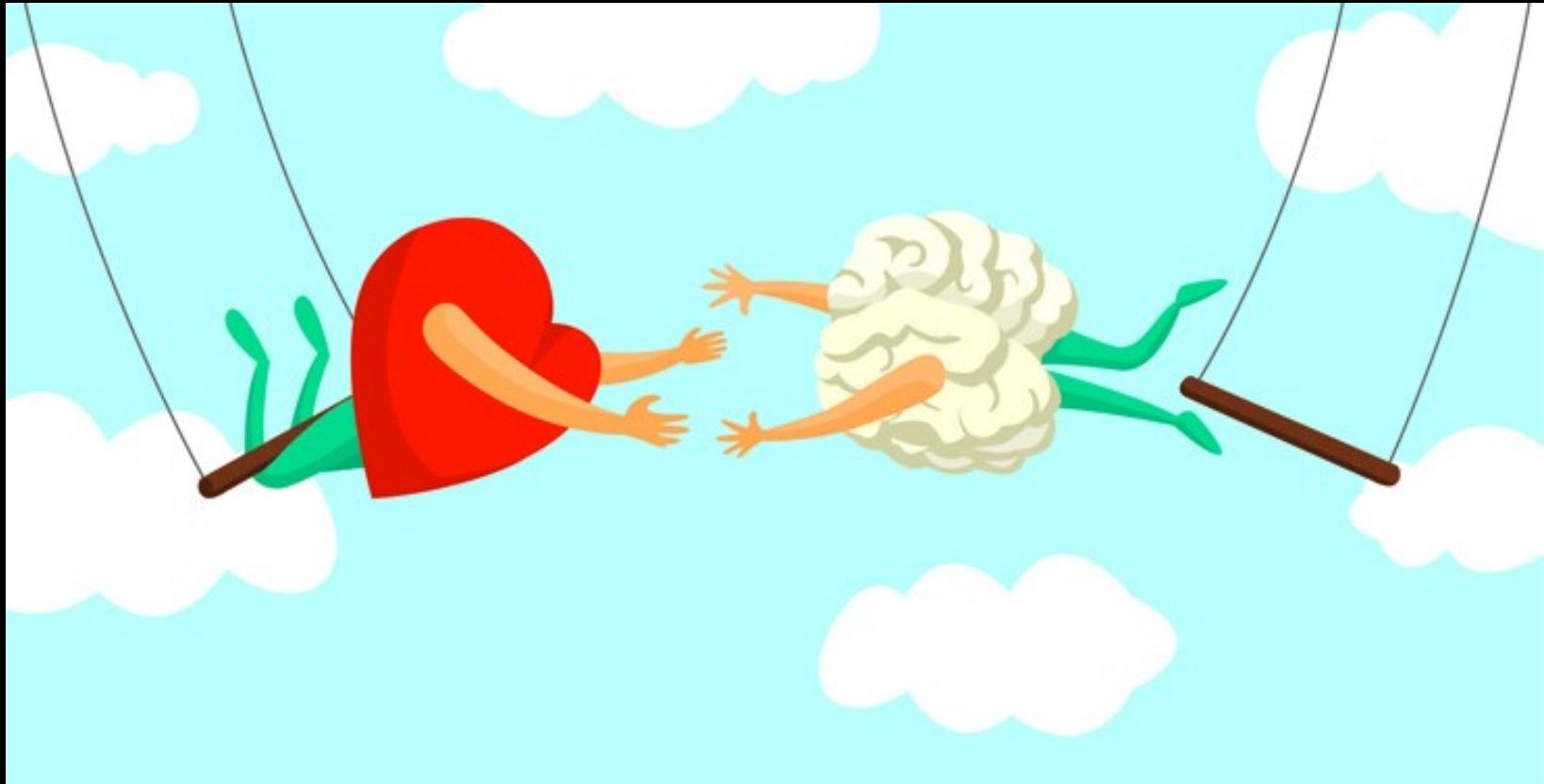


The Future is Now: Integrative Health and Self-Care



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About The Presenter

Scottie Jacob Fingar maintains board certification in Advanced Holistic Nursing. She is currently enrolled in the University of Arizona Center for Integrative Medicine's Integrative Health and Lifestyle Program (IHeLP). She received professional training in Mindfulness from Jon Kabat-Zinn, PhD.

Scottie graduated from the HCC Nursing Program in 1994 and returned to teach in the program ten years later. She is beginning her 14th year as a Nursing Instructor at HCC.

She is the author of *Therapeutic Breathing for Healthcare Professionals (and the Rest of Us)*

(Available at Amazon.com)

Purpose of Presentation

- Discuss Integrative, Complementary and Alternative Health Care Trends
- Introduce the cutting edge, evidence based Integrative Health & Lifestyle Program offered by The University of Arizona Center for Integrative Medicine
- Invite experimentation with several aspects of the program as a route to greater peace of mind and increased feelings of well-being
- Provide some resources for further exploration (see tinyurl at end of slides to access presentation)
- Stimulate interest in an introductory Integrative Health course for Nursing and Allied Health Professions at HCC

For starters, what IS Integrative Health?



**For a solid overview of Integrative Health,
we'll use information from the National
Institutes of Health (NIH)/ National Center
for Complementary and Integrative Health**

<https://nccih.nih.gov/health/integrative-health>



The link takes you to an informative National Center for Complementary and Integrative Health (NCCIH) Fact Sheet:

**Complementary, Alternative,
or Integrative Health:
What's In a Name?**



You may be familiar with the terms “complementary,” “alternative” and “integrative” which have grown increasingly common.

For over a decade , information about health care approaches identified as “complementary” could be found in nursing textbooks even if not taught in nursing curriculums.

Complementary approaches are included on the graduate nurses’ licensing exam, the NCLEX. As the trends in integrative care continue, this is likely to expand.



Though used interchangeably, the three terms have different meanings.

According to NCCIH, “If a non-mainstream practice is used together with conventional medicine, it’s considered ‘complementary.’

If a non-mainstream practice is used in place of conventional medicine, it’s considered ‘alternative.’”



When complementary approaches are fully incorporated into mainstream health care, the term “integrative health” is used.



What are some examples of complementary approaches once considered “alternative” that have been fully incorporated into mainstream health care?



Most complementary approaches that have become part of an integrative plan of care fall under one of two headings:

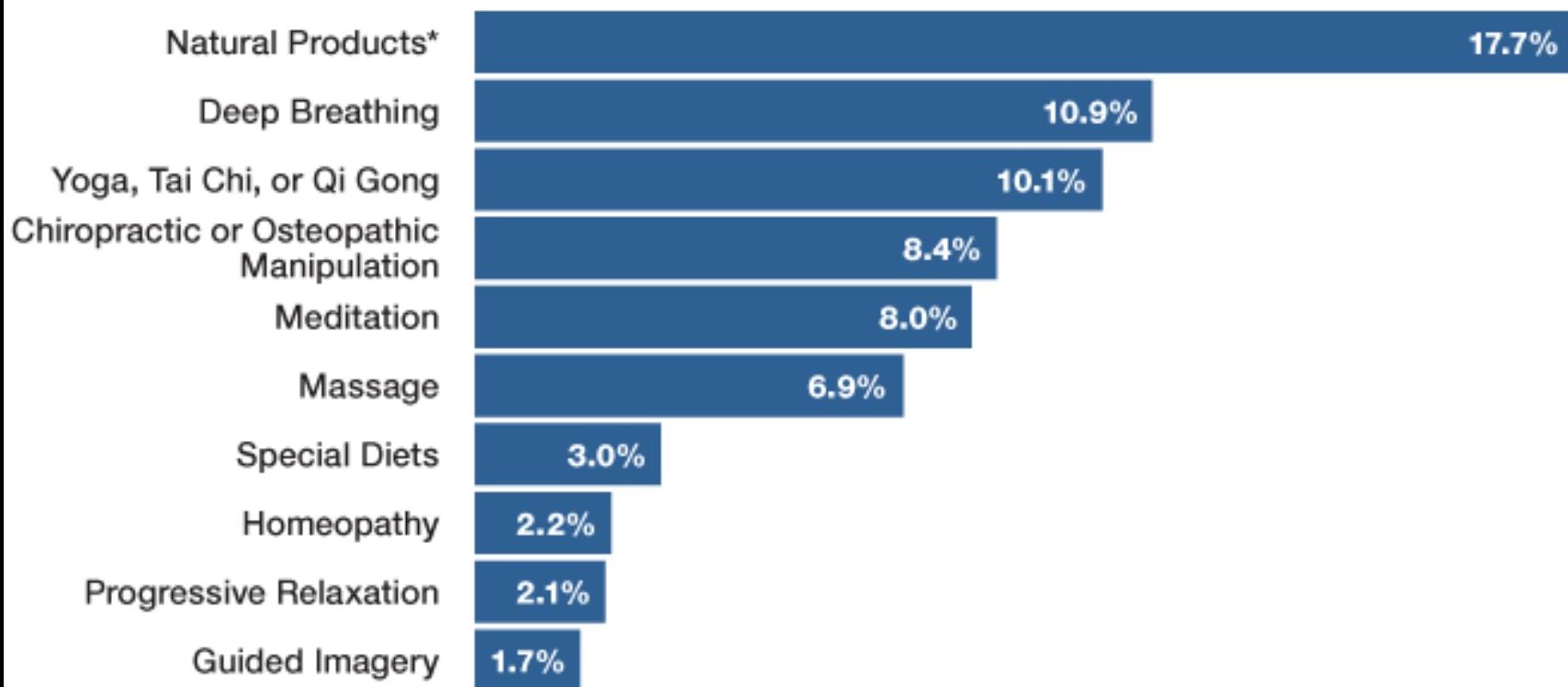
- Natural Products

- Mind and Body Practices



CDC 2012 National Health Interview (NHI) Survey: The 10 most common complementary approaches

<https://nccih.nih.gov/health/integrative-health>



According to NCCIH, “Natural Products” and “Mind and Body Practices,” when administered or taught by a trained practitioner or teacher represent the most common subgroups of complementary approaches used in integrative health care.

A third subgroup is identified as “Other Complementary Health Approaches” and includes approaches that do not fit neatly into either of the first two categories.



“Natural Products” include herbs or botanicals, probiotics, vitamins, minerals and other supplements.



The most common mind and body practices according to the 2012 NHI Survey are deep breathing, yoga/tai chi/chi gong, chiropractic and osteopathic manipulation, meditation and massage therapy.



For a solid source of information on integrative care, the National Center for Complementary and Integrative Health conducts and supports research on a wide variety of natural products and mind/body practices used to benefit clients and patients across the lifespan.

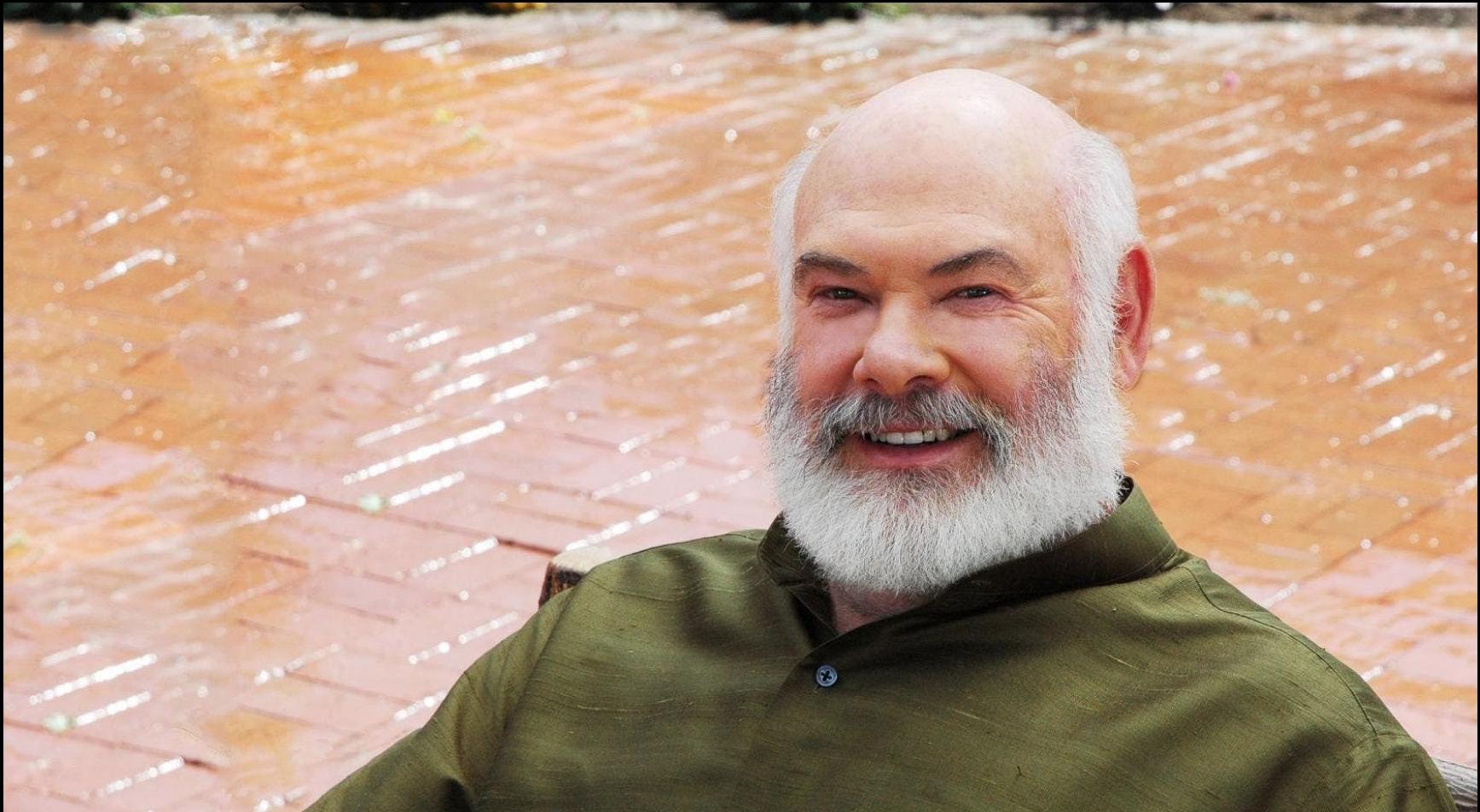
The NCCIH website offers a wealth of information about complementary and integrative health products and practices.

<https://nccih.nih.gov/>



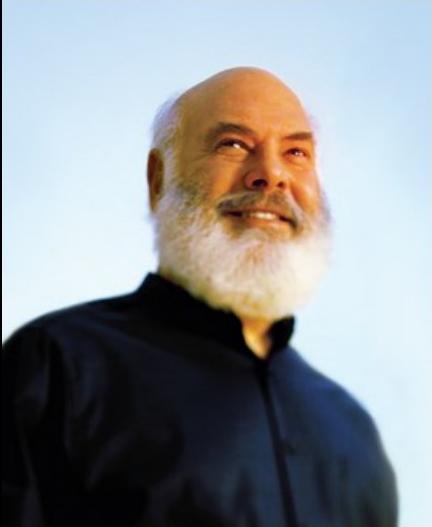


Meet Integrative Health and Medicine Visionary Andrew Weil, MD



Who is Dr. Andrew Weil?

- Dr. Weil is a world-renowned leader and pioneer in the field of integrative medicine, a healing oriented approach to health care which encompasses body, mind, and spirit. He is the Founder, Director of and Clinical Professor of Medicine at the University of Arizona Center for Integrative Medicine, the leading global effort to develop a comprehensive curriculum in integrative medicine. He is editorial director of the popular website, www.DrWeil.com; has appeared in numerous PBS programs; and is founder of the Weil Foundation, Healthy Lifestyle Brands, and True Food Kitchen restaurants. An internationally recognized expert on medicinal plants, alternative medicine, and medical education reform, he's authored many scientific articles and 15 popular books, including the latest book: Mind Over Meds.



The Arizona Center for Integrative Medicine was founded by Dr. Weil in 1994. The Center activities focus on three domains: education, health promotion and research

<https://integrativemedicine.arizona.edu/about/index.html>



From the Center website:

“The University of Arizona Center for Integrative Medicine (AZCIM) is leading the transformation of health care by training a new generation of health professionals and by empowering individuals and communities to optimize health and wellbeing through evidence-based, sustainable, integrative approaches.”



The AZCIM is home to the first Integrative Medicine in Residency program. The program has become a national model for physician training in integrative medicine.

The Center launched the Integrative Health and Lifestyle (IHeLp) program in 2013 to expand integrative medicine educational opportunities to nurses, dietitians, therapists, psychologists, clinical behavioral health professionals, nutritionists, acupuncturists, physical, occupational and speech therapists and other licensed health care professionals.

The Defining Principles of Integrative Medicine according to AZCIM

- Patient and practitioner are partners in the healing process.
- All factors that influence health, wellness, and disease are taken into consideration, including mind, spirit, and community, as well as the body.
- Appropriate use of both conventional and alternative methods facilitates the body's innate healing response.
- Effective interventions that are natural and less invasive should be used whenever possible.
- Integrative medicine neither rejects conventional medicine nor accepts alternative therapies uncritically.
- Good medicine is based in good science. It is inquiry-driven and open to new paradigms.
- Alongside the concept of treatment, the broader concepts of health promotion and the prevention of illness are paramount.
- Practitioners of integrative medicine should exemplify its principles and commit themselves to self-exploration and self-development.



Aspects of Integrative Self-Care

- The real magic in Integrative Medicine and Health Care is the active role the patient plays in the healthcare partnership including
 - *therapeutic relationship* with the practitioner
 - self-care practices carried out independently



Self-Care

In the Relaxation Response (2001), Herbert Benson, MD, another Integrative Medicine visionary wrote, “I envision a future in which medicine is as sturdy as a three-legged stool, balanced equally by three healing resources--

--medications

--surgery and other medical procedures and

--self-care approaches”



Self-Care, continued

“Ideally, medicine would call upon self-care for 80 to 90 percent of the everyday problems that patients experience. We would draw upon the medicines and surgeries when necessary. All three legs are mandatory.”



Self-Care Approaches and AZCIM's IHeLP

Seven self-care domains are addressed :

- Sleep
- Movement
- Nutrition
- Relationships
- Resiliency
- Spirituality
- Environment



- Sleep: consistently getting adequate restful sleep
- Movement: being active
- Nutrition: eating whole non-processed nutritious foods
- Relationships: interacting respectfully with ourselves and others
- Resiliency: practicing stress protective activities
- Spirituality: values and beliefs about ourselves and the world
- Environment: managing our physical surroundings (AZCIM).



Sleep

“The health benefits of getting adequate and restful sleep impacts all aspects of our mental, physical, emotional, social and spiritual selves (AZCIM).”

**From National Institutes of Health:
Your Guide to Healthy Sleep**

https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep.pdf



Movement

“Regular physical activity helps improve our overall health and fitness while reducing our risks for many chronic diseases (AZCIM).”

Physical activity resource from National Institutes of Health Heart, Lung and Blood Institute:

<https://www.nhlbi.nih.gov/health/educational/wecan/get-active/physical-activity-guidelines.htm>



Nutrition

“Evidence shows that cultures around the world that consume whole, non-processed unadulterated foods are healthier (AZCIM).”

Nutrition Resources that include research study info on the health benefits of mindful nutritional intake:

- Mindful Eating (2009) by Jan Chozen Bays, MD and
- Cornell University food scientist Brian Wansink's website, www.mindlesseating.org



Nutrition, continued

Helpful resource on nutritional supplement quality:

The United States Pharmacopia (USP) offers a seal identifying nutritional supplements that have passed “rigorous testing and auditing criteria.”

“Why Does Quality Matter?”

<http://www.quality-supplements.org/why-does-quality-matter>



Relationships

“Healthy socializing and relationships are essential to healthy living. As social beings, studies show that we live longer, are healthier and happier (AZCIM).”

Relationship Resources: The Medicare-reimbursable Ornish Lifestyle Program.

<https://www.ornish.com/proven-program/love-support/>



Resiliency

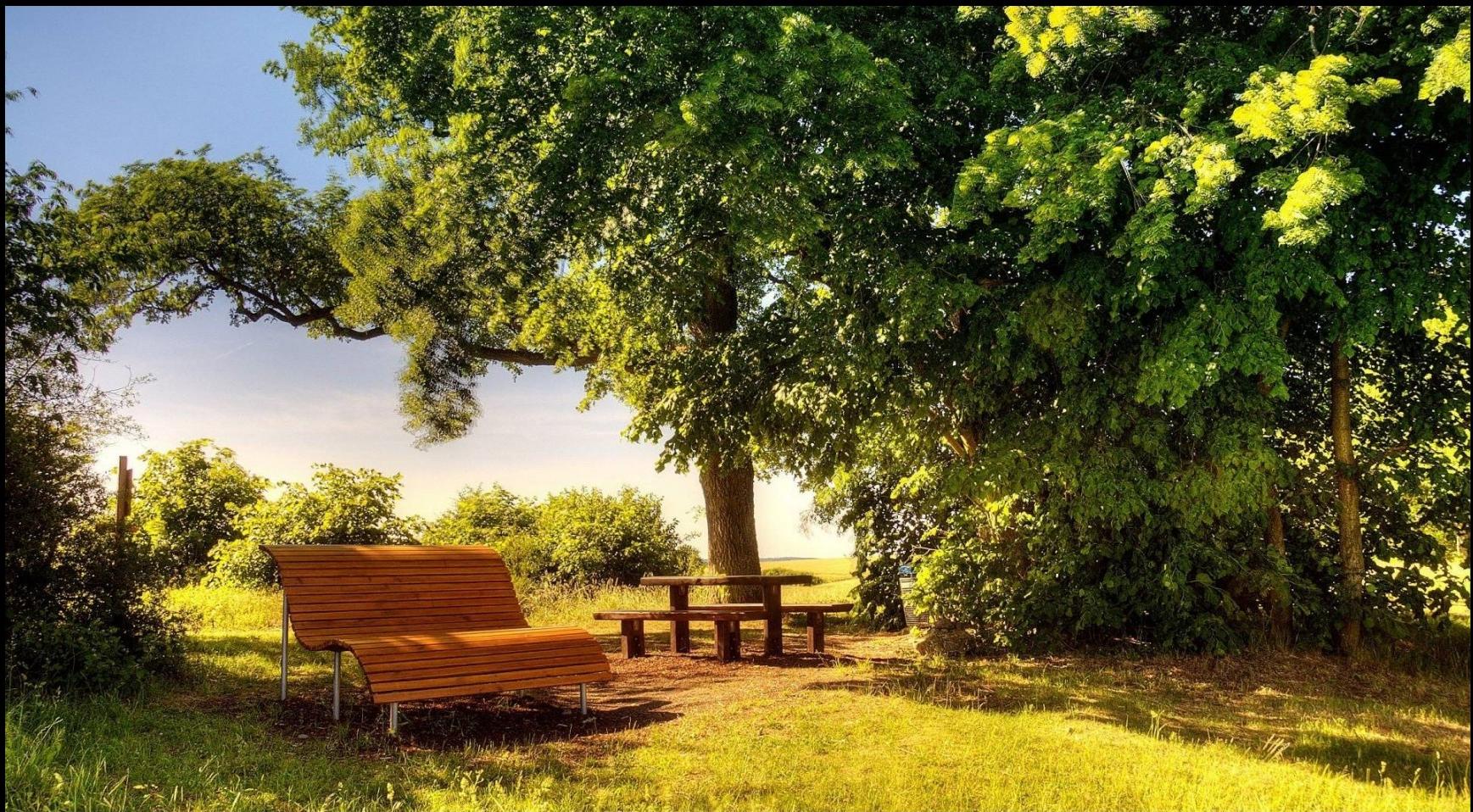
“As we address our stress, have fun, practice relaxation, and use healthy coping skills, we build our resilience to future stress and avoid the harm stress can incur (AZCIM).”

Resiliency resources:

- Free app: Insight Timer – a cornucopia of Meditation, Guided Imagery and Visualization
- Evidence-based resiliency-building fun: InterPlay

www.InterPlay.org





Next is a closer focus on one of the seven self-care domains: Resiliency.

Following is a presentation of a powerful resiliency skill:

mindfulness

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment to moment.”

--Jon Kabat-Zinn, PhD

Mindfulness Pioneer, Founder in 1979 of the University of Massachusetts Medical Center's Mindfulness-Based Stress Reduction Program (MBSR)

Google:

mind·ful·ness

/'mīndfəlnəs/

noun

1. the quality or state of being conscious or aware of something.
"their mindfulness of the wider cinematic tradition"
2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

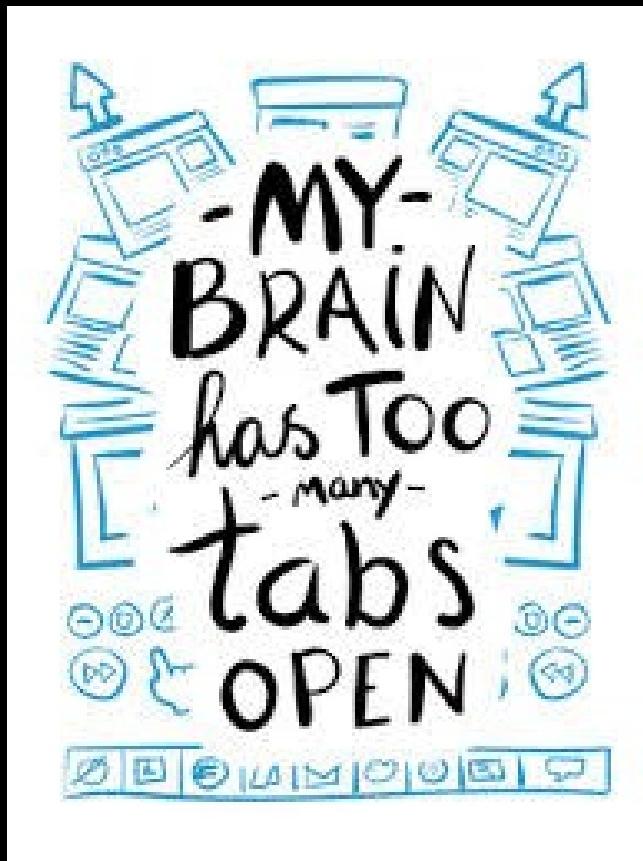


(Sample- Resting in Awareness)

A simple alternate definition of mindfulness by
Barry Boyce, Editor-in-Chief, Mindfulness Magazine:

“Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.”

Modern life in a stressful multi-tasking world
often causes individuals to feel
just the opposite of Boyce's definition:
scattered, reactive and overwhelmed by conflicting demands.

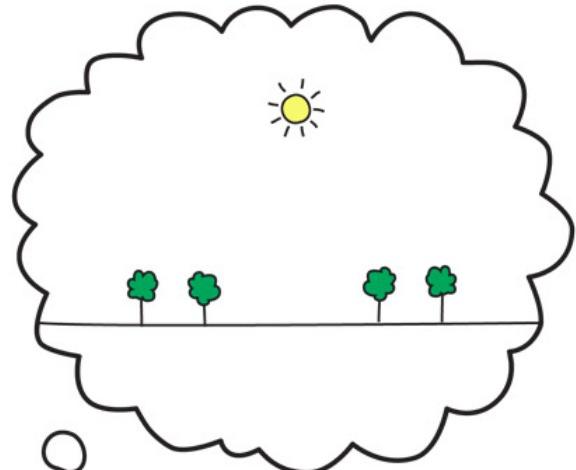
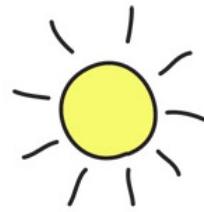


More than ever, we're all
engaged in a balancing act—
including our students.



From “Teaching Mindfulness in the College Classroom:”

Pressures and constant distractions are a significant part of the lives of American students of all ages. For college students, learning how to balance school, jobs, and relationships is stressful; social networks and cell phones constantly interrupt the current focus of attention. Academic performance suffers when feelings and distractions impede studying. Recent reports of increases in young adult depression, anxiety, attention deficit disorders, and social problems are compelling college teachers to explore methods for guiding students to better understand their minds and how they think.



Mind Full, or Mindful?

TED Ideas worth spreading:

“When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking?

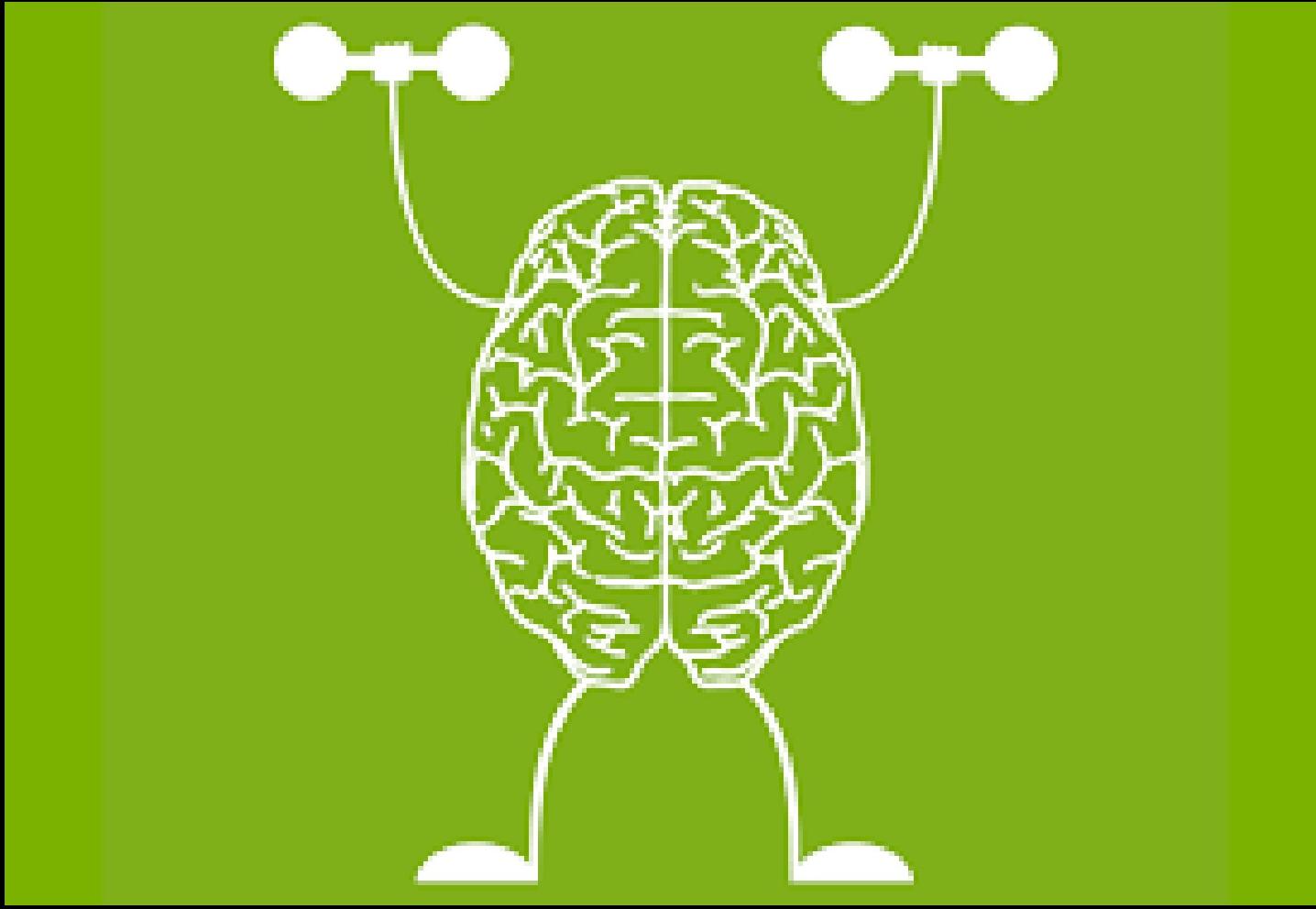
Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment.

(No need for incense or sitting in uncomfortable positions.)”



Listen to creator of the Mindfulness app “Headspace,”
Andy Puddicombe giving a TED talk
for a little less than ten minutes, the length of time he’s
suggesting that we try “Doing Nothing”
each day in order to enjoy
focus, calm and clarity in your life.

https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_min_dful_minutes?language=en



Studies tell us that Mindfulness training increases alpha brain waves,
associated with focus and attention,
and decreases delta brainwaves, linked to drowsiness.
(see references)

BRAIN WAVES

Beta β
13 + cps



Mind and body active and busy
Short-term memory being used

Alpha α
8 - 12 cps



Mind and body calm and relaxed
Long-term memory activated
Learning is easy and rapid

Theta θ
4 - 7 cps



A state of deep relaxation
High creativity and insight
Sub-conscious mind accessible

Delta δ
0.5 - 3 cps



Sleeping
Minimum brain activity

**According to research,
the practice of Mindfulness leads to
a greater sense of mental-emotional connection...**



**...potentially improving all of our
relationships.**

According to the work of
Nobel Prize-winning scientist
Elizabeth Blackburn



The stress-reducing effects of mindfulness practice have the potential to repair DNA telomeres and slow the process of cellular aging.

Other benefits include

- Reduction in cardiovascular disease including hypertension
- Reduction or elimination of anxiety and depression
- Reduction of pain symptoms
- Improvement in sleep disorder symptoms
- Improvement in digestive symptoms
- Improvement in psoriasis symptoms

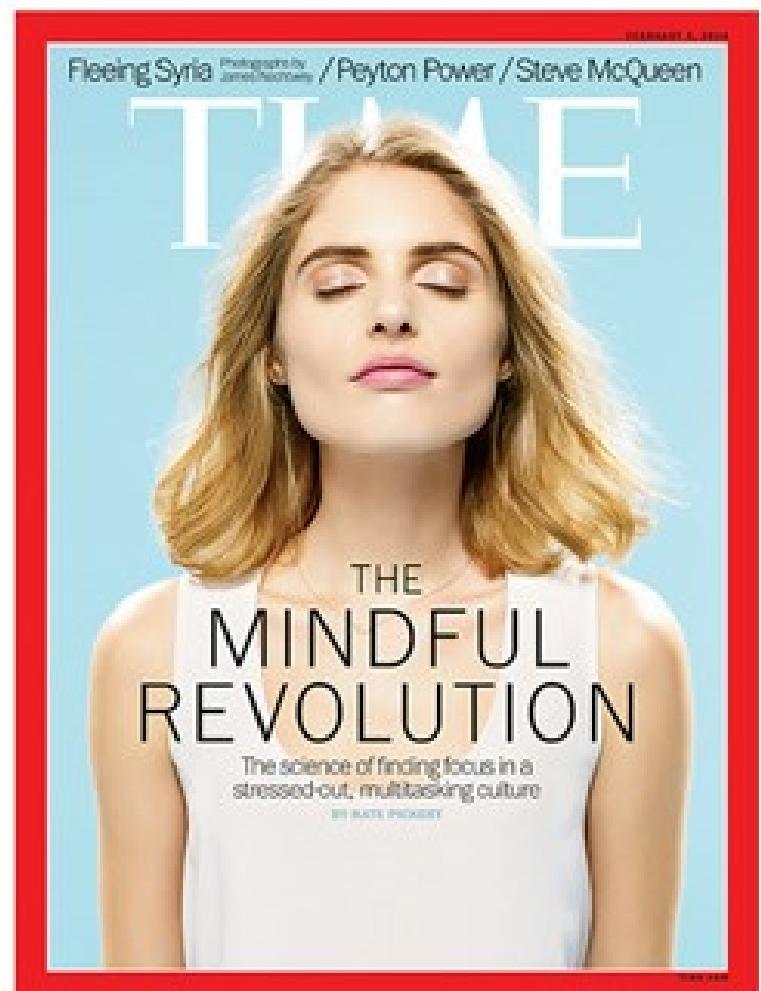


Examples of Mindfulness Practice

- Focus on the Breath
- Resting in Awareness- Watching the Mind, noticing and not judging (and even not judging yourself for judging ☺)
- Body Scan
- Mindful Walking
- Eating an Orange, Eating a Raisin

The raisins sitting in my sweaty palm are getting stickier by the minute. They don't look particularly appealing, but when instructed by my teacher, I take one in my fingers and examine it. I notice that the raisin's skin glistens. Looking closer, I see a small indentation where it once hung from the vine. Eventually, I place the raisin in my mouth and roll the wrinkly little shape over and over with my tongue, feeling its texture. After a while, I push it up against my teeth and slice it open. Then, finally, I chew — very slowly.

I'm eating a raisin. But for the first time in my life, I'm doing it differently. I'm doing it mindfully. This whole experience might seem silly, but we're in the midst of a popular obsession with mindfulness as the secret to health and happiness — and a growing body of evidence suggests it has clear benefits.



Photograph by Peter Hapak for TIME

Raisin Experiment

For over 35 years, Mindfulness practice has been used
to improve individuals' health and well-being
at the University of Massachusetts Medical Center.



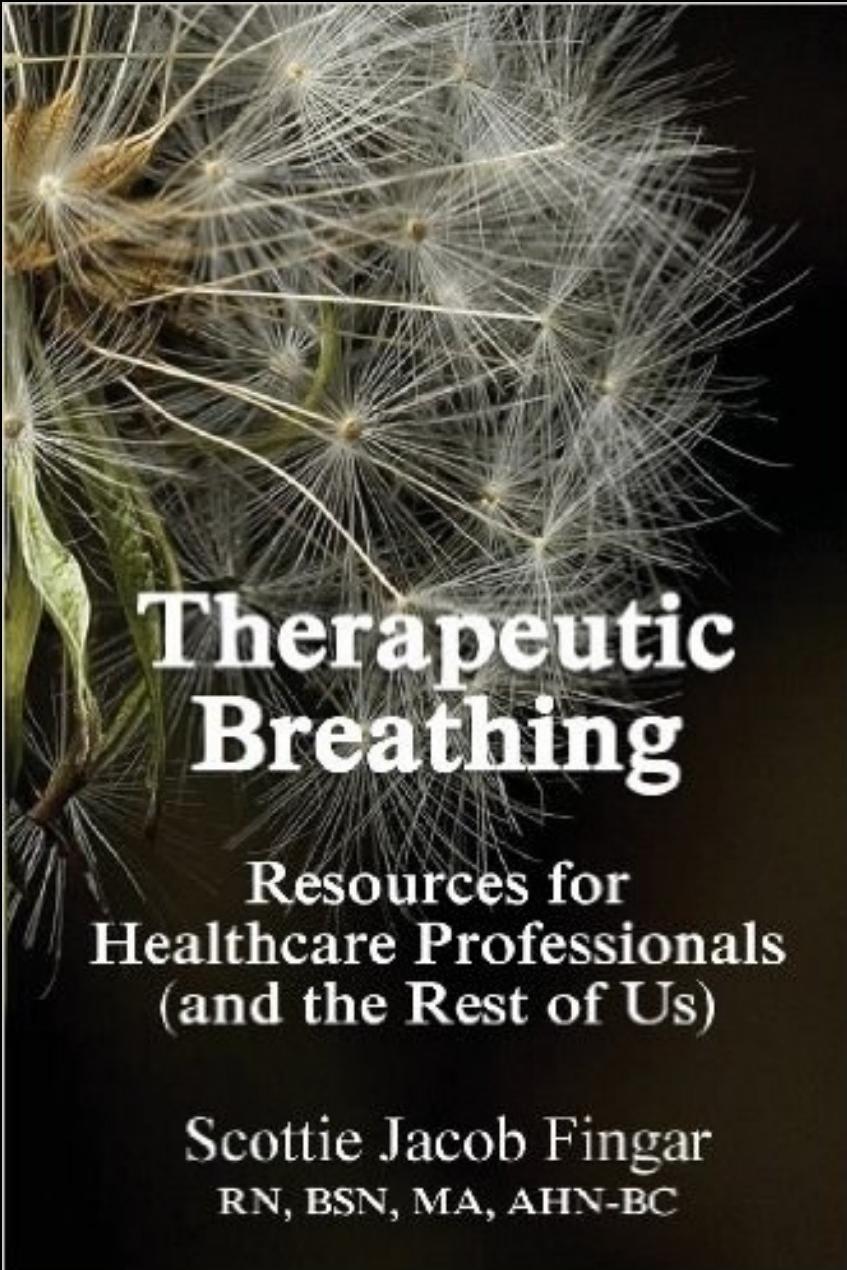
<http://www.umassmed.edu/cfm/>

Classes and trainings are available at the UMass website



Headspace and other Smart Phone apps
can be found at

<http://www.mindful.org/mindfulness-apps-for-that/>



Basic Mindful Breathing- Amazon.com free “Look Inside This Book”- Simply Breathing p. 14



Spirituality

“Acknowledging and honoring the role of spirituality (purpose and meaning) in our health– what we do in life, as well as how and why we do it (AZCIM).”

Resources:

Positive Spirituality in Health Care: Nine Practical Approaches for Clinicians, Patients, and Health Care Organizations, by Psychologist and Medical Educator Frederic C. Craigie, PhD

National Institutes of Health: “The role of spirituality in health care”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1305900/>



Environment

“The emphasis of interconnectivity reminds us that if our internal or external environment is out of balance, we are out of balance (AZCIM).”

Resources:

On the Environmental Working Group website, a wide variety of evidence-based environmental resources can be found: <http://www.ewg.org/>



Resources

(in addition to hyperlinks and links on slides)

Mindfulness in Education: Learning from the Inside Out

<https://www.youtube.com/watch?v=2i2B44sLVCM>

UMass Medical School Center for Mindfulness in Medicine, Healthcare and Society- Mindfulness information, training and certification programs <http://www.umassmed.edu/cfm/>

The Science of Mindfulness (1:14:21) <https://www.youtube.com/watch?v=5TeWvf-nfpA>

Neuroscientists and mindfulness researchers Amishi Jha and Richard Davidson join Mindfulness expert Jon Kabat-Zinn to discuss current research on neuroplasticity, mental training, and mindfulness.

Toward the Integration of [Mindfulness] Meditation into Higher Education: a Review of Research (Shapiro, S., Brown, K., Astin, J. (2008)

<http://www.contemplativemind.org/files/MedandHigherEd.pdf>

Teaching Mindfulness in the College Classroom <http://muhlenberg.edu/pdf/main/aboutus/fct/TP1103.pdf>

FREE 6-week online course: Mindfulness for Wellbeing and Peak Performance offered by Clinical Psychologist and Mindfulness Expert Dr. Richard Chambers and Assoc. Prof. Craig Hassed, coordinator of mindfulness programs at Australia's Monash University.<https://www.futurelearn.com/courses/mindfulness-wellbeing-performance>

Epel, E., Daubenmier, J., Moskowitz, J.T., Folkman, S. and Blackburn, E."Can Meditation slow the rate of cellular aging? Cognitive stress, mindfulness and telomeres." Annals of the New York Academy of Sciences 1172 (August 2009):34-53 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3057175/>

Insight Timer (Smartphone App)

This app contains an abundance of guided mindfulness meditation, imagery and visualization. Well-known mindfulness teachers offer a variety of recorded meditation sessions. A no-cost version is available.

Mindful Magazine- "Mindfulness: Apps for That?" <http://www.mindful.org/mindfulness-apps-for-that/>

<https://www.drweil.com/meet-dr-weil/>

A PDF of this presentation can be found at:

Thank You for your Presence and Attentiveness

